ONE PAGE SUMMARY

Lifestyle & Hobbies › Cycling › Cycling Skills

Beginner lessons for Cycling Skills

Master Essential Cycling Skills for Beginners

DEFINITION

> Beginner cycling skills are fundamental techniques that help new cyclists ride safely and confidently. These skills include balancing, steering, and braking effectively.

KEY CONCEPTS

Balancing

Balancing is crucial for staying upright on the bike. Practice riding in a straight line to improve your balance.

Steering

Steering involves using the handlebars to guide the bike. Learn to steer smoothly to navigate turns safely.

Braking

Braking is essential for controlling speed and stopping. Use both front and rear brakes evenly for safe stopping.

Gear Shifting

Shifting gears helps manage pedaling effort on different terrains. Practice shifting smoothly to maintain speed.

Road Awareness

Being aware of your surroundings is vital for safety. Always look out for obstacles and other road users.

EXAMPLES

→ Practice riding in a straight line for balance.

→ Navigate a gentle turn using proper steering.

→ Stop smoothly using both brakes.

MEMORY TIPS

★ Remember 'B.S.B.G.R.' for Balancing, Steering, Braking, Gear shifting, and Road awareness.

★ Visualize a straight line to practice balance.

★ Think of 'S.B.S.' for Steering before Braking when approaching a stop.

COMMON MISTAKES

✗ Overusing the front brake, leading to falls.

✗ Neglecting to check surroundings before turning.

✗ Shifting gears too abruptly, causing loss of momentum.

QUICK RECAP

Beginner cycling skills focus on balancing, steering, and braking effectively. Practicing these skills ensures safe and confident riding. Always stay aware of your surroundings to enhance safety.